Pan-Seared Sea Bass

2 Servings   17 minutes

Ingredients :

- Sea bass fillets
- Salt
- Black pepper
- Olive oil
- Butter
- Garlic cloves
- Lemon
- Fresh parsley

Instructions :

1. Pat the sea bass fillets dry and season both sides with salt and black pepper .
2. Heat olive oil in a skillet over medium -high heat until hot but not smoking .
3. Place the fillets skin -side down in the pan and press gently to keep the skin flat .
4. Cook for 4 to 5 minutes until the skin is golden and crispy .
5. Flip the fillets and add butter and crushed garlic to the pan .
6. Spoon the melted butter over the fish and cook for another 2 to 3 minutes .
7. Remove from heat and let the fish rest for 2 minutes .
8. Finish with a squeeze of lemon juice and garnish with fresh parsley before serving .